

## Vaccination Guidelines for Adults

This table gives general guidelines on adult vaccinations. Check with the doctor of the person you support for questions about specific conditions. For guidelines with a star (\*), you should talk to the person's doctor.

<b>Vaccine:</b>	<b>19-49 years old:</b>	<b>50-64 years old:</b>	<b>64 years or older:</b>
<b>Influenza</b>	Individuals with a chronic health problem or in close contact with at-risk individuals need a dose every fall or winter.	Individuals need a dose every fall or winter.	
<b>Pneumococcal</b>	Individuals who smoke cigarettes or have certain chronic conditions need 1 or 2 doses in their life.	Individuals need one dose if they have not been vaccinated.	
<b>Tetanus, Diphtheria, Pertussus (Td or Tdap)</b>	Individuals who have not had at least 3 tetanus-and-diphtheria-containing shots ("Td shots") sometime in their life, need to get them now. They should start with dose #1, followed by dose #2 in a month, and dose #3 in 6 months. All adults need Td booster doses every 10 years. If they are younger than age 65 years and haven't had a pertussis-containing vaccine as an adult, they should have a pertussis (whooping cough) vaccine—known as "Tdap."		
<b>Hepatitis B</b>	Individuals need this vaccine if they are at high risk for hepatitis B infection* or simply wish to be protected from this disease. The vaccine is given as a 3-dose series (dose #1 now, followed by dose #2 in 1 month, and dose #3, usually given 5 months after dose #2).		
<b>Hepatitis A</b>	Individuals need this vaccine if they are at high risk for hepatitis A infection* or simply wish to be protected from this disease. The vaccine is usually given as 2 doses, 6–18 months apart.		
<b>Human Papillomavirus (HPV)</b>	Women need this vaccine if they are age 26 years or younger. The vaccine is given in 3 doses over 6 months.		
<b>Measles, mumps, and rubella (MMR)</b>	Individuals need at least 1 dose of MMR if they were born in 1957 or later. They may also need a 2nd dose.*		
<b>Varicella (Chicken Pox)</b>	If the individual never had chickenpox or was vaccinated but only received 1 dose, talk to their healthcare provider about whether they need this vaccine.		
<b>Meningococcal</b>	Individuals with certain medical conditions should receive this vaccine.*		
<b>Zoster (shingles)</b>			Individuals who are age 60 years or older should get this vaccine now.

Last updated:

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